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Just How Do YOU Study

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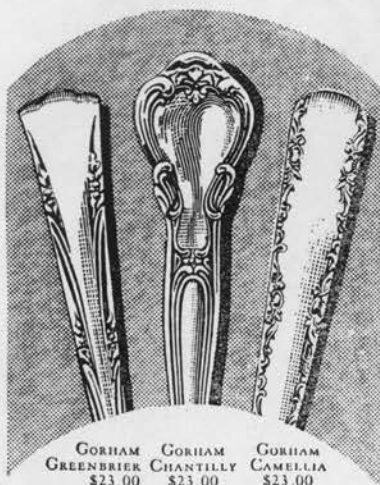
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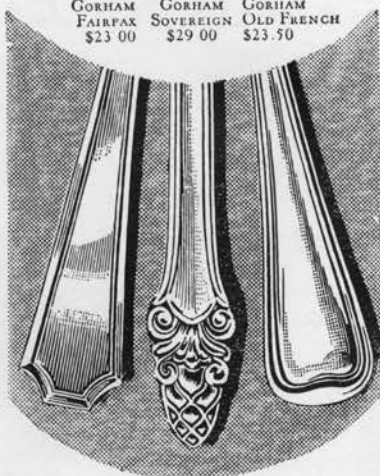
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Irene Meyer has learned it pays to cultivate your study habits early

Just How Do YOU Study?

by Margaret Leveson

WHAT with the word "study" in the air as quizzes and midterms come and go, it becomes rather obvious that some of us have only a vague and hazy idea of just what studying is.

In fact, most of us don't seem to know what it is or how to go about it. Faculty members are agreed that it is a desirable business to pursue and are, almost without exception, happy to provide the raw material for undertaking this profitable industry. But sometimes even they can't tell you how to begin the process.

Webster racked his brain and thought up 17 definitions for the word "study"—sensible ones, if you can translate from dictionaries to English. He even included one that many so-called "students" would like to forget: "Studying is the act of acquiring by one's own efforts knowledge of a particular subject."

But perhaps his best definition is that one which echoes the feelings of Irene Meyer, technical journalism senior, who combines study and good grades with one of the best activity records on campus.

Develop Concentration

Webster puts it this way: "To endeavor with thought and planning; to make well-considered efforts; to be intelligently zealous."

And Irene, who knows the business, adds that probably the most important habit to develop is concentration. Play hard when you play, she advises, but study hard when you study. Never, never try to mix the two. If you're getting nowhere and understanding nothing, stop studying completely for a short time. Work hard to develop the ability to concentrate completely and do a maximum of work in a minimum of time. Irene says she remembers better that way, and in addition, it is a prime requisite if you intend to get into campus activities.

Late-hour studying isn't very profitable, she believes. If you haven't studied by midnight, you might

just as well give up the idea and go to bed. An alert, wide-awake mind at next day's lecture will retain far more than a sleepy brain confused by half-hearted attempts to study in the wee hours of the morning.

Nor does Irene place any faith in studying at home. She admits that some industrious persons manage it beautifully, but declares that she can accomplish work only in the library. Even at that, she goes to the far end, sits at the last table and faces the wall to avoid seeing people leave or enter the room. Don't sit with friends, she counsels.

Keep a Schedule

Most important of all, make a schedule and stick to it. Keep your study hours as conscientiously as you attend scheduled class hours. Never cut a class, and pay strict attention in every class session. This, coupled with complete, legible, accurate lecture notes will save you hours of outside study.

Our lives are filled with study, and graduation from school assures no corresponding graduation from learning. You will never find a better or more profitable time to learn the ways and means of successful studying than while you are in college. The sooner you do learn these methods, the sooner they will become automatic and reflexive. Studying will probably never become as dynamic a habit for you as eating or driving a car. But the more automatic it becomes, the simpler and more complete your whole life will be.

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